


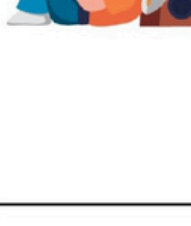




	Month	Theme		Primary (Grades 1-5)	Middle (Grades 6-8)	High School (Grades 9-12)	Teacher- In-Charge
Physical Safety	Month 1 Observance: World Day Against Trafficking in Persons (July 30)	Personal Safety Physical Boundaries		<ul style="list-style-type: none"> • Storytelling: 'My Safe Body' • Coloring: 'Healthy vs Harmful' 	<ul style="list-style-type: none"> • Poster Making: 'My Body, My Safety' • Role Play: Safe/Unsafe Touch 	<ul style="list-style-type: none"> • Peer Discussion: Boundary Setting & Reporting • Safety Audit: Playgrounds, Staircases 	
Anti-Drug Use Awareness	Month 2 Observance: International Youth Day (Aug 12) & World Drug Day (June 26)	Choices & Habits		<ul style="list-style-type: none"> • Puppet Show: 'Healthy Habits' • 'Say No' coloring badge • Be an Anti- Drug Soldier 	<ul style="list-style-type: none"> • Poster: 'Say No to Drugs' • Role Play: Handling Peer Pressure 	<ul style="list-style-type: none"> • Talk by an Expert from ANB • Group Discussion: Substance Awareness & Media Influence 	
Cyber Safety: Reducing Video Game Addiction in Children	Month 3 Observance: World Suicide Prevention Day (Sept 10)	Online Behavior & Digital Friendships Reducing Video Game Addiction		<ul style="list-style-type: none"> • Do's & Don'ts Chart • Story: 'Buddy Online vs Stranger Danger' • Story: "The Boy Who Forgot to Play" • Sticker Chart Challenge 	<ul style="list-style-type: none"> • Comic Strip: 'Be Smart Online!' • Email Scam: Spot-the-error Game • Poster Campaign: "More Than a Screen" • Peer Talk: My Break from Gaming 	<ul style="list-style-type: none"> • Workshop: Digital Footprint & Privacy • Scam Simulation: Phishing & Fake Accounts • Screen-Time Journal & Reflection • Workshop: Gaming, Dopamine & Mental Health 	
Psychological Wellbeing	Month 4 Observance: World Mental Health Day (Oct 10)	Feelings & Kindness		<ul style="list-style-type: none"> • Feelings Wheel Activity • Kindness Chain 	<ul style="list-style-type: none"> • Journal: 'A time I felt safe...' • Poster: 'Your Mind Matters!' 	<ul style="list-style-type: none"> • Anxiety Management Session: Handling Stress & Exams • Wall of Change: Mental Health Pledges 	
Road Safety	Month 5 Observance: Road Safety Week & Road Traffic Victims Day	Traffic Rules & School Safety Infrastructure		<ul style="list-style-type: none"> • Road Sign Collage • Zebra Crossing Demo in Play Area 	<ul style="list-style-type: none"> • Poster: 'Be Seen, Be Safe!' • Unsafe Zone Mapping Exercise 	<ul style="list-style-type: none"> • Safety Audit: Roads, Exits, Fire Equipment • Police Talk: Teenage Safety & Driving 	
Review and Consolidation	Month 6 Observance: Int'l Day of Persons with Disabilities (Dec 3), Human Rights Day (Dec 10)	Reflect, Display & Celebrate Learnings		<ul style="list-style-type: none"> • Safety Quiz • "Safety Tree" – leaves with lessons from each theme 	<ul style="list-style-type: none"> • Presentations: Safety Through the Months • Host: School Safety Fest / Expo 	<ul style="list-style-type: none"> • Workshop: Digital Footprint & Privacy • Scam Simulation: Phishing & Fake Accounts • Screen-Time Journal & Reflection • Workshop: Gaming, Dopamine & Mental Health 	

Glossary of Activities

Activity	Explanation
Safety Audit	A structured student-led inspection of the school's infrastructure or online practices to identify safety hazards (e.g., loose wires, blocked exits, unsafe staircases).
Role Play	Students act out a scenario (e.g., someone being peer-pressured to take drugs) to understand safety risks and develop healthy responses.
Poster Making	Creative visual expression around themes like 'Say No to Drugs', 'Safe Internet Use', or 'Road Safety'. Used to raise awareness.
Anonymous Concern Box	A secure way for students to report what makes them feel unsafe (e.g., bullying, harassment) without fear.
Circle Time	A safe space where students sit in a circle and share thoughts on emotional or safety-related prompts (e.g., 'I feel safe when...').
Campaign	School-wide awareness effort such as #NoShameZone to promote psychological safety, inclusion, or anti-bullying.
Simulation Activity	Hands-on, real-life simulation like crossing roads with cones to teach traffic rules or spotting fake social media profiles.
Peer-led Discussion	Students lead and moderate group conversations (e.g., on cyberbullying or exam stress) to encourage open dialogue.
Safety Tree	A symbolic tree made on a board where each student adds a 'leaf' describing one personal safety takeaway.
Wall of Change	A display board showing changes or pledges made by students (e.g., 'I will not forward fake news' or 'I will ask for help when anxious').
Stick Chart Challenge	Weekly reward system where students earn stars for non-screen activities like reading, board games, or outdoor play.
Poster Campaign on saying 'No' to Video Games	Design posters promoting non-digital hobbies (sports, music, reading, coding, etc.). Display around school.
Peer Talk: My Break from Gaming	Invite a student to share how they reduced gaming and what they gained (confidence, friendships, time).
Screen-Time Journal & Reflection	Students log daily gaming time and reflect on how it affects their focus, sleep, mood, and goals.